

BROSTROM PHYSICAL THERAPY

Kinesio-Taping

From the desk of:
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The Kinesio taping method is a taping technique designed to support and stabilize muscles and joints while still allowing the body to naturally heal. It is intended to prolong the benefits of manual therapy and can be used for a variety of injuries. It has been proven to effectively treat individuals with orthopedic, neuromuscular, circulatory problems, as well as many others. It is also safe to use on pediatric and geriatric populations, pending an appropriate response.

Kinesio Tape is latex free and can be worn for multiple days for continued relief. The need for Kinesio Tape is determined by a thorough evaluation, assessment, and manual testing. This allows the practitioner to properly identify the problem, the solution, and the appropriate Kinesio Tape protocol to utilize. Various applications are available pending the injury, the location, specific patient characteristics, and healing needs. Fortunately, Kinesio Tape can be used in conjunction with other interventions. It is also effective in all phases of the rehabilitation process.

Kinesio Tape is unique in its ability to allow normal range of motion. It can also be worn in the water. It does not hinder the ability to complete other interventions and/or modalities - such as heat or ice - at the same time it is being worn.

In order to treat a variety of individuals, injuries, and skin types, there are multiple types of Kinesio Tape available. The different properties of each allow better personalization for each individual patient.

There are many taping techniques and adhesives available for practitioners and patients to utilize. However, Kinesio Tape is unique to its specific properties, protocols, and application. If you feel that you may benefit from Kinesio Tape and/or would like more information, don't hesitate to myself - I recently became a Certified Kinesio Taping Practitioner (CKTP) - or another physical therapist in our facility.

References: (1) Kinesio Holding Corporation. (2018). In *Kinesio Taping*. Retrieved from <https://kinesiotaping.com/>

(2) Theratape. (2018). Kinesiology Tape Benefits. In *theratape.com*. Retrieved from <https://www.theratape.com/education-center/kinesiology-tape-benefits/>

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing."
~ Pele

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Healthy Tips for Spring Cleaning

- ♦ Wear protective clothing while cleaning. This will protect you from pollen, dust mites, allergens, and molds.
- ♦ Keep your back and neck in a neutral position while cleaning by bending at the hips and knees and avoiding twisting movements.
 - ♦ Vary your activities. Varying activities will allow you to complete tasks with minimal pain and will reduce the risk of strain.
 - ♦ Take occasional breaks. This will decrease your chance of developing an injury.
 - ♦ If you need to work on a surface lower than your body, squat or get down on one knee to reach its' level (don't bend over).
- ♦ To avoid stressing your neck and upper back, stay close to the area that you are working. Avoid sustained positions.
- ♦ Drink a lot of water! Hydration is good for your body's tissues and will improve your overall capability and function.



Credit to: <http://www.pdrclinics.com/healthy-lifestyle-tips/spring-cleaning.html>



Taleggio Grilled Cheese with Bacon and Honey Crisp Apples

****Makes 4 sandwiches total****

Ingredients:

1 & 1/4 lb. Taleggio cheese	8 tbsp. unsalted butter
12 slices bacon	1/2 c. Dijon mustard
8 slices rye bread	1 Honey Crisp apple

Directions:

1. Freeze the Taleggio cheese for about 20 minutes. While the cheese is in the freezer, cook the bacon in a large sauté pan over medium heat until brown and crispy on both sides. When the bacon is done, transfer it to a plate lined with paper towels and reserve. Remove the cheese from the freezer, remove the orange rind, and cut the cheese into slices about 1/4 inch thick.
2. Spread each piece of bread with a thin layer of butter. Spread the other side of each piece of bread with Dijon mustard facing up.
3. Place an even layer of Taleggio on each piece of bread. Lay 3 bacon slices each on 4 pieces of the Taleggio-lined bread. Top the bacon with an even layer of apple slices (these are the bottoms; the ones with just cheese are the tops—together, they make a pair!).
4. Preheat a griddle or nonstick sauté pan to medium. You will also likely have to work in batches, so preheat the oven to 200 degrees F to keep the finished sandwiches warm. Place pairs of tops and bottoms (not sandwiched together yet) on the griddle or nonstick pan and cook until the buttered side gets brown and crusty and the cheese begins to melt (approximately 5-7 minutes). Flip the top onto the bottom so the cheese is on the inside. Give each sandwich a press, flip it over, and cook for 1-2 minutes more.
5. Cut the sandwiches in half and serve hot.